

## submissions

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**From:** Katherine Smith [REDACTED]  
**Sent:** Tuesday, 10 February 2015 3:00 PM  
**To:** submissions  
**Cc:** 'Katherine Smith'  
**Subject:** Apricot kernel submission

Katherine Smith  
[REDACTED]

Regarding the proposal to ban apricot kernels for sale in New Zealand:

This submission is necessarily brief as I did not learn of the proposal until a few days ago.

I oppose the proposal to ban apricot kernels from sale in New Zealand.

Apricot kernels have been traditionally consumed to prevent and/or treat cancer. The “active ingredient” in apricot kernels, variously known as laetrile/amygdalin/vitamin B17 is also used in some cancer therapies.

***I have eaten apricot kernels for many years with no toxicity problems. When reading about apricot kernels years ago, I recall that it was considered inappropriate to create a slurry of apricot kernels and allow this to sit prior to consumption as doing so might result in liberation of cyanide and therefore constitute a poisoning risk. For this reason I simply chew and swallow dried apricot kernels.***

***Like any food (or medicine, for that matter) public education on safe handling and/or preparation of that food is important. There are many foods in people’s everyday diet that are potentially hazardous to health if they are not prepared or stored properly (for example undercooked chicken poses a risk of bacterial food poisoning, raw fish may be contaminated with fish tapeworms, green potatoes contain toxic alkaloids etc. etc.).***

***The usual government response is to have sensible regulations for outlets that sell/prepare foods, along with appropriate education for the public and professionals regarding safe food handling and risks of consuming certain foods. Members of the public then make up their own minds about what to eat – as they are entitled to do as adults.***

***I have also known cancer patients who have used tablets and/or injectable preparations of the active constituent of apricot kernels (laetrile/B17/amygdalin) without any toxicity problems. (In fact they felt better – even in cases where the therapy was not curative.)***

You may be interested to see the documentary regarding the laboratory testing of this substance. You can access the documentary through this link: <http://www.secondopinionfilm.com/>

I hope you will take this information together with the fact that conventional cancer treatments (such as chemotherapy) are not only extremely unpleasant for many patients but also fail in many cases, leading people to seek alternatives in the hope of saving or extending their lives.

The article below profiles someone for whom apricot kernels offer hope. He is representative of a lot of well educated, relatively young people in NZ who are turning to alternatives to treat cancer because they do not find the conventional treatment they have been offered to be satisfactory. It would be cruel to prevent such seriously ill people from having the option of eating apricots kernels as part of a cancer treatment programme.

[http://www.nzherald.co.nz/rotorua-daily-post/news/article.cfm?c\\_id=1503438&objectid=11256218](http://www.nzherald.co.nz/rotorua-daily-post/news/article.cfm?c_id=1503438&objectid=11256218)

I hope you will consider labelling on apricot kernels directing people to seek professional advice prior to consuming this food due to a risk of poisoning if wrongly prepared or consumed in excessive quantities rather than ban this traditional anticancer food.

Thank you.